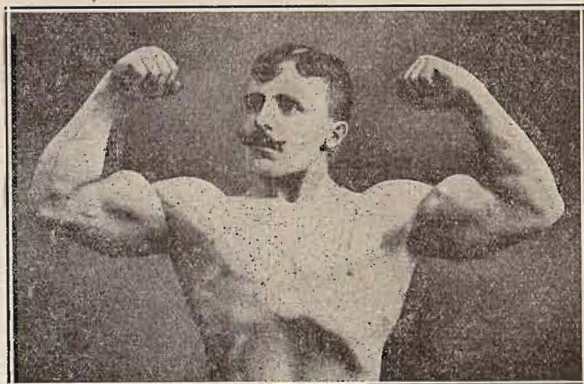

HANS SCHMIDT

ORIGINATOR OF THE

GERMAN MULTIPLEX EXERCISOR

AND SYSTEM OF PHYSICAL TRAINING

P. O. Box 4819, Philadelphia, Pa.



Dear Friend:

Don't you think there is too much drudgery in exercise and too many disappointments? I always feel sorry for the fellow who pays a lot of money for an exerciser and course and see him give it up discouraged. Few courses are actually bad. The trouble as I see it is their system is too dry with age-old monotonous exercises. No wonder training quickly becomes drudgery and never a glimpse is got of the promised muscles.

The biggest value attached to my new German Multiplex Exercisor is that from the beginning to end it is filled with exercises you will find a joy to practise. The exercises are all new, and with every one which you practice, you will feel every muscle in your body working under the skin with a new live power. Another interesting feature is its low economical cost. Anyone can afford it. Anyone can afford to take a chance on it and feel he is not being stung. I know once it is in your hands you are going to be so pleased you will write and tell me so. You know there is hardly a single exerciser on the market that can develop the legs, and the cost of same is high, but I guarantee the German Multiplex Exercisor will build up the legs as powerfully as it does the arms. I am telling you frankly, there is no exerciser on the market that can develop the neck, arms, chest and legs like this new exerciser will. Unlike most exercises that train the muscles in one groove these new exercises build them so they are able to exhibit their strength in every way. Every exercise develops your muscles to do some difficult feat of strength.

Did you ever try to bend a piece of iron into the shape of a horse shoe? If you did you would have noticed the many twists and turns the muscles made before the stunt was completed, and how, at some stages, the muscles felt less strong. Take for example a man who trains with heavy weights. He lifts a weight off the floor to the shoulders in one movement and overhead in another. Ask him to pick the same weight from off the floor to overhead in one ordinary movement, not stopping at the shoulders, and you will find he can hardly handle half the weight simply because his muscles lack the suppleness and power to continue without stopping. Exercises that call for continuous changes in each exercise make the muscles grow faster.

There is a great joy in doing these stunt exercises. Within one week you will be able to do feats of strength that will dazzle your friends. None will be able to equal you. You will be the Samson of the whole crowd. Whenever your friends stump you to try a test of strength you won't funk like a lot do who only have the show off muscles. There is fun in matching your strength against your friends' and while you are playing at performing these many interesting feats you will be developing herculean muscular size and strength all over your body.

The German Multiplex Exercisor is the greatest exerciser—bar none. With every outfit is given a complete course of instruction. For a cost as low as \$1.98 you can own outright the most interesting exerciser ever made. Just turn over and read more about this outfit. Learn why it is capable of such progressive action, why it develops your neck and legs equal to your arms and body. Why it can give you a terrific grip with thick brawny arms. Prove it for yourself.

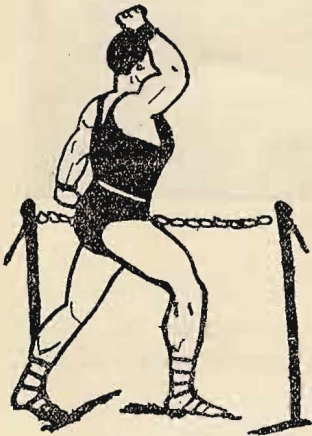
Enjoy the German playboy system of strength and muscle building at the lowest possible cost, and get the sized muscles you have always desired. But don't delay. This is a special offer I want you to take advantage of and I hope you are wide enough awake to grasp a good chance when it is before you.

Yours for enjoyable physical training,

HANS SCHMIDT.

GET THESE THREE GREAT GIFTS

VITALITY - MUSCLE - STRENGTH



Strength rules the world. Every man craves a man's sized shoulder span with a powerful chest and deep breathing lungs. He wants a strong pair of arms that can handle more than the other chap. He wants a pair of legs that can carry him along swiftly and tirelessly year in and year out. Most people have to pass up these physical blessings because they are not in a position to have around the cumbrous outfits generally sold, or else they find the price too high. But the GERMAN MULTIPLEX EXERCISOR has removed those obstacles. Thousands of business men and people who live in apartments can now enjoy glowing healthy bodies because of the handiness of this new machine. Numerous people have satisfied their physical craving by being able to purchase this economical outfit and enjoy the new pleasant form of exercise it gives.

What the German Multiplex Exercisor Is

Many people are apt to judge things wrongly at first sight. They fail to think of the mechanics embodied even in a simple outfit, but the more simple an outfit is the more study was required in the first place to get rid of complex mechanics. The GERMAN MULTIPLEX EXERCISOR is made of one long spring with a handle inserted in each end. It is not an ordinary spring. Ordinary springs are only made to stretch or be compressed together. This spring is capable of being bent, stretched, wrapped and twisted in almost any direction by my new process of making steel springs with a certain temper after it has been through a baking process. The fact that it is capable of so many different actions gives the spring remarkable progressive features not possible in any other spring. For instance: suppose you were doing the exercise for the hands, wrists, arms and breast muscles. You would force the two handles together across the chest by bending the spring in the middle. After a few practices that would become easy, but the next progressive step would be much more difficult. After the handles are pressed together you simply lift up with the right hand straightening out the bend so the spring is only bent at the extreme end close to the right hand. This added action will make your muscles quiver with pleasant power. Another reason why this exercisor is superior to all others is because you can do so many exercises which require a continuous changing muscular action. This alone gives the muscles marvelous endurance. They never tire like the muscles of men who do nothing but weight lifting. For this reason the GERMAN MULTIPLEX EXERCISOR has suddenly become popular with many strong men, wrestlers, football players and body builders in general.



Why It Is Necessary to Have Endurance Strength

You may have noticed how many well built men are poor in many ordinary feats of strength. They tell you they lack the knack, but that is all nonsense. The truth is their muscles have been trained by what they practised, to move only in one direction. The moment a muscular turn is required out of the direction theirs have been trained in, they fail. It is all in the exercisor, and the exercises it is able to teach. The GERMAN MULTIPLEX EXERCISOR provides movements that govern every known muscular effort no matter if it be bending irons, lifting huge weights or wrestling with a man or an object, the muscles are built terrifically strong in every direction and what is more important the endurance the muscles acquire allows you to keep the effort up for hours so that you will be able to outlast a more powerful opponent. Most training methods give muscles that only have momentary strength.



How I Found the New Secret of Strength Endurance

I always amazed people by my extraordinary ability to do feats of strength bigger men than I were unable to do, despite their reputation for great strength. It did not matter whether it was breaking horse shoes, bending irons, finger pulling, hand wrestling, lifting weights, carrying loads or wrestling. I could easily keep on after they had quit exhausted. They were all curious to know how I trained. I showed them my Exercisor and they began to practise with it with the results they got greater development, greater strength and three times the endurance they previously had AND THIS IS THE MARVELOUS SYSTEM AND APPARATUS I AM PLACING BEFORE YOU FOR A COST AS LOW AS \$1.98. YOU CANNOT FIND ITS EQUAL IN ALL THE WORLD.

EUROPE'S PLAYBOY SYSTEM

FOR PHYSICAL PERFECTION

Where interest is created, satisfactory results are sure to be got. That is why this system of body building is termed a playboy system. It is like stepping out from a hard school grind into a gymnasium. Every exercise is novel and fascinating. It conveys the idea so thoroughly of doing some great feat you almost feel as though you were actually doing the feat. It is thrilling to see the muscles ripple, expand, twist and extend under the skin. You KNOW you are getting somewhere.

THE ARMS. The most powerful muscles in the forearm are the twisting pronators and supinator muscles. Rarely are these built because ordinary exercise does not give them the twisting action they require to make them grow, and as these muscles influence the thickness of the wrist and finger strength they are very important. For all gripping, iron bending and breaking or lifting of heavy objects by the hands they are the most important of forearm muscles. Though hard to develop ordinarily, they quickly respond to the special exercises I have provided in the course. While the biceps, triceps and deltoids grow in size and strength without any apparent effort.



THE NECK. Do not let a weak neck spoil a fine pair of shoulders. You will find numerous exercises in the course that will please and surprise you. If you cannot put two inches on your neck within thirty days it is entirely your own fault. I can promise you a neck as beautifully moulded as I can promise to give you a magnificent pair of arms.

THE BACK AND CHEST. No matter how narrow shouldered or flat chested a person is I'll square him up within two weeks. Your breast muscles will grow into two slabs of muscular power. Your shoulders, especially the trapezius muscles, will become mounds of might. There is no reason why the muscles in the small of your back will not grow at least two inches thick alongside the spine. The constant spinal, latissimus and trapezius action will develop a prodigious back with wide sweeping shoulders which in turn will accumulate spontaneous nervous energy through the back bone and feed every muscle with swift hurling power.

THE STOMACH. Should be square, trim with a muscular roll from the chest to the groin like one wave onto another. Here lies the source of your vital forces and not a thing is overlooked in this wonderful course to see you get it all.

THE LEGS. They spoil 90% of a man's build, but I guarantee they will not spoil yours. The thighs inside and outside and behind will take on a massive rugged shapeliness with the pressure resisting exercises. And your calves are well taken care of, too. In every exercise you use the GERMAN MULTIPLEX EXERCISOR. It is the only exerciser that actually is employed throughout in the development of the entire body, including the neck and legs.

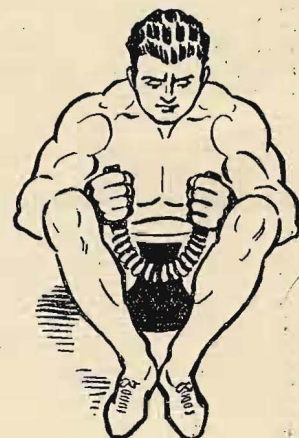


A NEW BREATHING SYSTEM—LUNG CONTROL

It is new to the extent it is for the first time presented to the American public along with the new GERMAN MULTIPLEX EXERCISOR. I feel too much attention cannot be given to the internal organs. The heart and lungs need it if you want to build big muscles with lasting strength. With my breathing system, a deeper lung inhalation is brought about, and what is more important the air is more completely circulated throughout the lungs and more forcibly expelled. By all means learn LUNG CONTROL, at no extra cost, and fill your inside organs with a new clean dynamic life. Deep breathing strong lungs fill the blood with oxygen. A powerful heart distributes the blood throughout the body so the muscles are given the food to build on. LUNG CONTROL is one of the features that ensures satisfactory results with the GERMAN MULTIPLEX EXERCISOR AND SYSTEM OF PHYSICAL TRAINING.

ORGANIC, SEX AND PHYSICAL VIGOR—YOURS

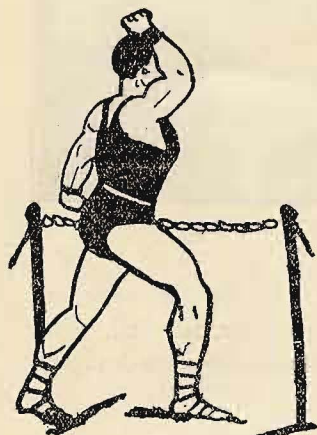
These three great physical factors will radiate from your body with superlative robustness. Young men will quickly overcome the evil effects of masturbation and night losses. Men over forty need never fear the danger of prostate trouble or lost manhood. Vigor will pour into every muscle and organ. Every tissue will ooze with youthful vitality. Your strength will become a sensation among your friends. Never more will you have occasion to say: "Gee, if I only had the build and strength that guy has." YOUR great opportunity is now knocking at your door as never before. It is waiting for you to grasp. If you honestly crave all a real man has got you will never let this opportunity pass by. If you do you are dead from the heels up and ought to give the undertaker a job. But I know you are not. I know you have the fiery enthusiasm to do big things. I want to help you do big things. I want to make you the strongest and best built man in your town so when anyone looks into your eyes they will see there the vitalic life energy which is only possessed by men with big round shapely muscles and the strength of a young lion.



FIFTEEN MINUTES A DAY FOR 30 DAYS IS ALL THAT IS REQUIRED TO MAKE YOU PHYSICALLY AND ORGANICALLY PERFECT. IF YOU FEEL YOUR BODY IS WORTH THIS SMALL INVESTMENT, FILL OUT YOUR ORDER RIGHT NOW.

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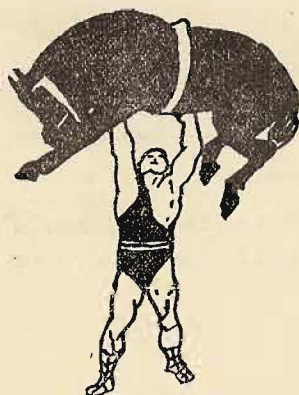
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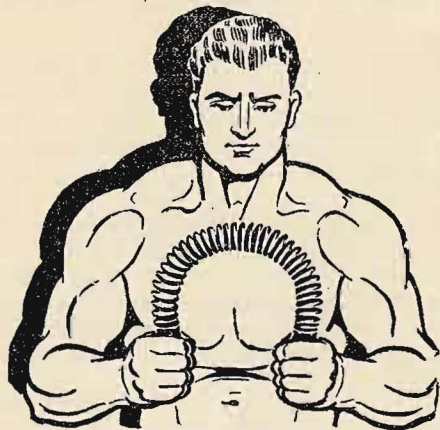


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Let the German Multiplex Exercisor

End Your Search for Great Strength and Physical Development



Did you ever visualize how the first strong man must have trained? In those days there were no heavy dumbbells, rubber cables, etc., only rocks, iron and people. Ancient history of "strongmanism" is alive with the feats of their strength heroes who proved their power over all others by their ability to break chains, bend irons and roll shields in their hands and crush stones to powder by their mighty grip. Today people are more impressed by the stunts than by the lifting of a heavy barbell or big dumbbell. The GERMAN MULTIPLEX EXERCISOR and training system embodies this entire system which will not fail you. The strongest men in Europe own one of my Multiplex Exercisors because it does for them all that is required to keep their muscles herculeanly strong. The only system that will thicken and strengthen the sinews. Weak sinews are what make weak muscles, no matter how large they may be. Moreover, only certain types of exercises will cause the ligaments and sinews to thicken. They are the factors of great untiring muscular strength and only one more of the many features of development the GERMAN MULTIPLEX EXERCISOR can give you. Anywhere you wish to go you can carry it in your grip or suitcase. It is a giant of power for its size and the low cost makes it attractive to every lover of a powerful body. The course of instruction which I give free with each outfit is worth ten times more than what I am asking for the exercisor. It contains a new order of exercise that is quite original, besides information on how to perform many difficult feats of strength. At the present time all Europe and Great Britain are amazed at the astounding ability of a famous continental athlete to break rocks apart by the strength of his hands. How this wonderful feat is done we explain to you as an additional feature to the course. Every opportunity is here offered you to help you succeed to the limit of your ambitions. Big shapely muscular proportions. Herculean strength. Muscular an organic endurance. Powerful ligament and sinew strength. Tremendous lung control and heart power. The ability to do any feat of strength equal to what is done by many professional strong men, and all for a cost as low as

\$1.98

THIS COST INCLUDES
THE GERMAN MULTIPLEX EXERCISOR
COMPLETE TRAINING COURSE ON STRENGTH AND MUSCLE BUILDING
HOW TO PERFORM FEATS OF STRENGTH
THE SECRET OF BREAKING STONES WITH THE HANDS ONLY

There are no extras to pay for. Which strength exercisor you check off that cost covers everything but postage. Complete satisfaction is guaranteed. There is no better time than now to get started. The snappy, peppy days are here when the urge to put muscle and power on the body is strongest. Start your training right. Do not let this top notch offer slip by you. Don't be a wisher and looker on any longer. Be the man that has the power and be the man to be admired. My offer is the greatest ever presented before the physical culture public. It is only an introductory offer and will not last any longer than fourteen days after you receive this letter. I have done the best I can to tempt you to make the best out of yourself. Do your part now. Make the greatest iron clad resolution of your life and see it repay you with health, strength and manliness. NOW while the offer is red hot. Not tomorrow or the next day, but right now while the hand of opportunity is holding the coupon before your eyes.

HANS SCHMIDT
P. O. BOX 4819, PHILADELPHIA, PENNA.

HANS SCHMIDT,
P. O. Box 4819, Philadelphia, Pa.



Dear Sir:

Enclosed find the sum of \$ _____ to pay for the outfit I have checked off (check off here which strength desired. Regular Strength, \$1.98 ☐. Athletic Strength, \$2.98 ☐. Herculean Strength, \$3.98 ☐) with which I am to receive your complete course of home training. How to perform feats of strength and the secret of breaking rocks with the hands only. There are to be no extra course or apparatus charges. Please send at once. I will pay postman few cents postage charges.

NAME _____ STREET _____
CITY _____ STATE _____